

## Worksheet: Self-Discovery

Use the following questions to think about who you are and what you want for your future. Refer to pages six and seven for more information. Talk to a guidance counselor about how this worksheet can help you explore your options and prepare for the future.

### Interests

What subjects, activities, or things interest you?

### Abilities

What can you do well?

### Values & Priorities

What do you value in life? What is most important to you?

### Money Matters

What kind of lifestyle do you want? How much will it cost to live that lifestyle?

### Physical Factors

Do you want a job that challenges you physically? Do you need help with physical tasks?

### Academic Goals

What are your academic goals? What kind of degree do you want? How long are you willing to stay in school?